

Individual Best Times (All Time)

Willow Plater - (722154) - East Grinstead Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Backstroke	1:22.67	1:21.70	333	24/01/15	ISA National Swimming Championships	London	LR150306	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.78	31.50	413	21/11/16	East Grinstead Club Championships	East Grinstead	SE162425	4
100 Freestyle	1:09.15	1:10.40	383	20/11/16	East Grinstead Club Championships	East Grinstead	SE162425	4
200 Freestyle	2:41.66	2:43.80	317	15/11/15	East Grinstead Club Championships	East Grinstead	SE152133	4
400 Freestyle	5:43.29	5:47.40	305	20/06/14	East Grinstead Long Distance Championships	East Grinstead	SE4830	4
50 Breaststroke	40.57	41.30	341	19/11/16	East Grinstead Club Championships	East Grinstead	SE162425	4
100 Breaststroke	1:30.68	1:32.10	325	08/10/16	NASL South	Bexleyheath	SE162301	3
200 Breaststroke	3:20.68	3:23.30	301	17/11/15	East Grinstead Club Championships	East Grinstead	SE152134	4
50 Butterfly	36.00	36.50	310	19/11/16	East Grinstead Club Championships	East Grinstead	SE162425	4
100 Butterfly	1:22.92	1:23.80	276	12/11/16	NASLS Round 2	Horsham	SE162480	3
200 Butterfly	3:39.03	3:40.50	162	21/06/14	East Grinstead Long Distance Championships	East Grinstead	SE4831	4
50 Backstroke	35.47	36.00	360	20/11/16	East Grinstead Club Championships	East Grinstead	SE162425	4
100 Backstroke	1:18.22	1:19.20	345	19/11/16	East Grinstead Club Championships	East Grinstead	SE162425	4
200 Backstroke	3:04.60	3:06.40	267	20/06/14	East Grinstead Long Distance Championships	East Grinstead	SE4830	4
200 Individual Medley	2:51.16	2:53.50	360	15/11/15	East Grinstead Club Championships	East Grinstead	SE152133	4
400 Individual Medley	6:29.04	6:33.50	294	19/11/15	East Grinstead Club Championships	East Grinstead	SE152136	4
100 Individual Medley	1:19.15	1:19.20	363	19/11/16	East Grinstead Club Championships	East Grinstead	SE162425	4